

43rd ASSEMBLY DISTRICT • ASSEMBLY DEMOCRATIC CAUCUS CHAIR

For Immediate Release: June 09, 2016

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Jorgensen's Journal: The Importance of CPR Education

If you could take 60 seconds out of your day to learn how to save a life, wouldn't you?

The first week of June is National CPR and AED Awareness Week. Both CPR (Cardiopulmonary Resuscitation) and AEDs (Automated External Defibrillators) can save the life of someone who is suffering from sudden cardiac arrest. CPR and AEDs can more than double the chances of a person's survival after their heart has stopped.

Anyone can learn CPR, and everyone should.

While becoming CPR/AED certified requires classes, either online or in person, you can learn hands-only CPR in less than 60 seconds! There are only two steps; Step 1, call 9-1-1. Step 2, push hard and fast in the center of the chest. The American Heart Association recommends pushing to the beat of the classic disco song "Stayin' Alive" by the Bee Gees.

Who knew that disco music could save lives? I certainly didn't.

It is also important to pass our lifesaving knowledge down to younger generations. Although there are some high schools that offer CPR training, not all of them do. Last November, I co-authored Assembly Bill 545 (AB 545), a bill that would make CPR/AED training mandatory for all public high schools in Wisconsin. So far, at least 27 other states have passed similar requirements for high school students. On April 26, 2016, Wisconsin joined them when Governor Walker signed AB 545 into law.

Having AEDs in every home, business, and school will also go a long way to save lives. New AED technology has made them simpler and easier to use than ever, assisting the user with audio and visual cues.

The more people there are that know CPR, the safer our communities will be. Having at least one or two people in every home or office that know CPR could save thousands of lives.

ANDY JORGENSEN

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If you are interested in taking a course or learning more about CPR/AED Awareness Week, visit cpr.heart.org. You can also watch a 60 second demonstration video for hands-only CPR at heart.org/handsonlycpr.

CPR could save a loved one, so it's important for as many people as possible to learn. Take a minute. Save a life.

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